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Health Promotion and Wellness Friday Facts



UPDATED WEB PAGE AND RESOURCES AVAILABLE FOR NAVY RESERVISTS

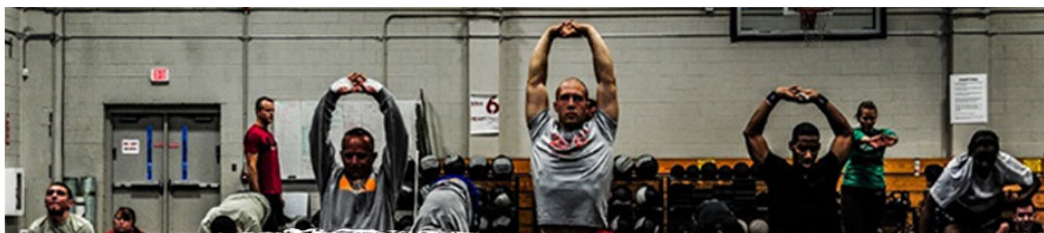


Sailors in the Navy Reserve provide unique skill sets essential to the Total Force. They also face unique challenges, including balancing their military service with civilian life and being unable to access military health and wellness resources as easily as their active duty counterparts. To address these challenges, Navy Reservists require tailored support and resources.

NMCPHC recently launched an updated website for Navy Reservists, as well as medical professionals and health promoters who serve Navy Reservists, to find healthy living resources tailored to their needs. The resources and information provided aim to help Reservists be healthy, before, during, and after drill duty and annual trainings.

Visit the newly launched Web page at <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/navy-reserve.aspx> for more information. Check back often for new resources!

For questions or for more information related to NMCPHC HPW's Navy Reserve health and wellness support, contact usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-reservesupport@mail.mil.



AMPLIFY YOUR HEALTH. AMPLIFY THE FORCE.





OPERATION SUPPLEMENT SAFETY RELEASES NEW PRODUCTS

Operation Supplement Safety (OPSS) has two new products to help you stay safe when it comes to dietary supplements.

Now you can have the OPSS High-Risk Supplement List at your fingertips as a free app. You can either search the list for a specific product or use the barcode scanner to see if a product contains any high-risk ingredients such as stimulants, steroids, or unapproved drugs that could put your health or career at risk. For more information about how to download the app, please visit the Apps tab in [Tools for Warfighters](#).

Want to learn more about supplements and how to choose them wisely? Check out the interactive presentation, “Get the Scoop on Supplements,” where you can watch videos, check your knowledge of dietary supplements, and find other helpful resources to help you reduce your risk of a positive urinalysis drug test and potential health issues. To view the presentation, go to the Get the Scoop tab in [Tools for the Warfighters](#).

PARTNERSHIP HIGHLIGHT: NAVY ALCOHOL AND DRUG ABUSE PREVENTION PROGRAM’S “KEEP WHAT YOU’VE EARNED” CAMPAIGN INVITES YOU TO GIVE THE GIFT OF A DESIGNATED DRIVER THIS HOLIDAY SEASON

While the holiday season can be a time of great joy for our Sailors and Marines and their families, it can also be one of the most dangerous times of the year for alcohol-related incidents. The [Navy Alcohol and Drug Abuse Prevention Program’s](#) (NADAP) Keep What You’ve Earned (KWYE) Campaign encourages people to “Give the Gift of a Designated Driver” throughout the holidays and the entire year.



The premise is simple. Select one night to serve as a Designated Driver (DD), and then give a gift card to friends or family, who can redeem that gift of a safe ride. [Click here to make the pledge](#) to be a DD this holiday season, and check out the November [NADAP E-Gram](#) to [download printable gift cards](#).

It is essential for frontline leaders to encourage responsible drinking behavior and provide Sailors with tools to help them make good decisions. Leaders should print and share materials, including gift cards, at Safety Standdowns, Friday briefings, or just pin the materials to bulletin boards around base facilities (such as gyms, galleys, medical centers, MWR facilities, etc.)

NADAP provides materials year-round to help support Fleet readiness by fighting alcohol abuse and drug use. The [KWYE Web page](#) includes tips on drinking responsibly, resources to empower Sailors to make responsible decisions, as well as a multimedia suite of materials for download or ordering. In addition, the [Pier Pressure mobile application](#) from KWYE is a fun and interactive game that helps players learn more about responsible drinking behaviors.

For more information on NADAP and the resources available, contact MILL_NADAP@Navy.mil.

Resources are also available on the [Preventing Drug Abuse and Excessive Alcohol Use page](#) on the Navy and Marine Corps Public Health Center’s website, or December’s [Impaired Driving Prevention Toolbox](#).

NATIONAL INSTITUTES OF HEALTH TO HOST PATHWAYS TO PREVENTION WORKSHOP: TOTAL WORKER HEALTH®-WHAT’S WORK GOT TO DO WITH IT?

One hundred forty-five million Americans are workers, and most spend at least 50% of their active time at the workplace. Despite improvements in occupational safety and health over the last several decades, workers continue to suffer work-related illnesses, injuries, and deaths. On December the 9-10, the National Institutes of Health (NIH) will host a free workshop that will evaluate the current state of knowledge on integrated approaches to worker safety, health, and well-being and will plot the direction for future research. Specifically the workshop



will seek to clarify the following questions:

- What studies exist assessing integrated interventions?
- What are the known benefits and harms of integrated interventions?
- What are the characteristics of effective integrated/combined interventions and programs?
- What are the key evidence gaps?

Attendees may view the live videocast at <http://videocast.nih.gov/> or join in person at the NIH campus in Bethesda, Maryland. Registration and more workshop details are available on the NIH Office of Disease Prevention website at <https://prevention.nih.gov/twh>

CARDIOVASCULAR DISEASE PREVENTION AND CONTROL: SELF-MEASURED BLOOD PRESSURE MONITORING INTERVENTIONS FOR IMPROVED BLOOD PRESSURE CONTROL

The Community Preventive Services Task force recommends self-measured blood pressure (SMBP) monitoring interventions when used alone (i.e., patients receive self-measured blood pressure tools, training, and monitoring) to improve blood pressure outcomes in patients with high blood pressure based on sufficient evidence of effectiveness. There is strong evidence of effectiveness for these interventions when combined with additional support (i.e., patient counseling, education, or web-based support).

Read the full [Task Force Finding and Rationale Statement](#) for details including implementation issues, possible added benefits, potential harms, and evidence gaps.

IN THE NEWS

[Decoding the Dietary Supplement Industry](#) - HPRC

[Guard Your Health Launches #ClassRecipes](#) - Health.mil